



# The Retired Educator

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Issue 3

## THE RETIRED EDUCATOR

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Educators Association  
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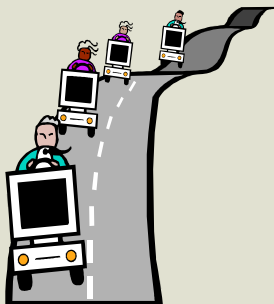
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## PRESIDENT'S CORNER

Many thanks to our Legislative Chairman, Larry Ady, for scheduling our speakers for the October meeting. We appreciate the opportunity to meet these candidates in a town-hall setting. A Roman writer noted that "it is only the ignorant who despise education." Our goal is to become informed about many races and issues before we cast our ballots. Thanks indeed to our educated forefathers and to all those who have guaranteed our right to vote.

Eighteen board members attended the Leadership Workshop on Oct. 5. District Director Ann Winn presided over the day-long event. Orange County members worked the registration tables, conducted the FREF fundraiser, served the catered lunch, then cleaned up at the end of the day. : One of our members won a prize from the fundraiser drawing (\$102 was donated to FREF), and seven others took home door prizes. This fall workshop gives participants time to share ideas with eight other locals. It is truly a unifying experience.

If it's November, it's special project month. Remember to bring office supplies to the general meeting. Last year we delivered eight boxes of items to the Adult Literacy League headquarters. Can we beat that? I'll hunt up some empty boxes -- you go to the store.

*Carol Egolf*

## HOSPITALITY FOR NOVEMBER MEETING

Our hosts for the November meeting will be members with last names beginning with D-G. They will bring a refreshment to share with our members at the Nov 2nd general meeting. Please have your goodies at the meeting by 10:00 AM.

Door greeters for the November meeting will be Ouida Harman and Mary Long.

A centerpiece will be provided for us by Elaine Pennington.

Thought for the Day -- Jim Boston

## GENERAL MEMBERSHIP MEETING

**Thursday, November 2, 2006**

College Park United Methodist Church  
(located at corner of Edgewater & Harvard across from Publix)

**10:00 a.m. Continental breakfast & Social hour**

**10:30 a.m. Program and Business**

**PROGRAM: Victoria Adams from the Center for Drug Free Living**

**Collect office supplies for Adult Literacy League**

**Fall Membership Challenge  
Bring a new member, earn a gift card**

**Hosts & Hostesses:**

*Members with last names beginning with D-G*

**PLEASE PLAN TO ATTEND!**

Due to limited parking, please carpool if possible.

## Credit Union News

By Mary Lynn Williams

CFE was selected as Federal Credit Union of the Year 2006 by the National Association of Federal Credit Unions (NAFCU). This prestigious award is presented annually to the federal credit union that best demonstrates the credit union credo of "people helping people." In addition, CFE received an award in the Marketing competition, winning a "thumbs up" from the Awards Committee in the Best Product/Service Promotion category.

The credit union attributes this success to its outreach in serving the financial needs of low- and moderate-income families and its steadfast support of education. During 2005, CFE made significant inroads into the underserved and Hispanic communities through direct mail and involvement at numerous events that catered to these demographics.

### LITERACY NEWS

Time spent helping students with math, science and language homework counts for literacy hours. Reading orally to the blind and handicapped also counts. So keep the hours coming. Thank you for all of your time and effort.



### LITERACY HOURS

Name \_\_\_\_\_  
Month(s) \_\_\_\_\_

Tutoring \_\_\_\_\_  
Libraries \_\_\_\_\_  
Schools \_\_\_\_\_  
Miscellaneous \_\_\_\_\_

# of hours from the above **total** that benefited young people: \_\_\_\_\_

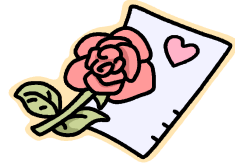
OUT OF TOWN?

This form is available on our website for you to fill out, print and send.

**Henrietta Sebag**  
**16500 Sunflower Trail**  
**Orlando, FL 32828-5457**

### Contact

**Mary Mixner**  
**407-841-1310**  
or  
**Tom Ard**  
**407-896-9224**



to send thinking of you cards to those who are ill and sympathy cards to members or families.

### COMMUNITY SERVICE

Cyberkidz, a state approved supplemental educational services provider needs to hire retired teachers to assist with tutoring students in Orange and Seminole County School Districts. ESE, ESOL, or Reading endorsements are a plus. The students attend Title I schools and need help to catch up in reading, language, arts, and math. If you are interested in tutoring at-risk students for three hours a week for approximately eight weeks contact Bettie Byrd Bright at 321-274-3682 for details.

Please continue to volunteer, keep a record of your community service hours, fill out the forms, and turn them in at the meetings, or mail to Arleen Stalnaker, 8116 Rose Avenue, Orlando, Florida 32810.

### Community Service Volunteer Report

Your volunteer hours are an expression of your dedication to others. Thank You.

**Name:** \_\_\_\_\_  
**Month:** \_\_\_\_\_

Church \_\_\_\_\_  
Civic/Community: \_\_\_\_\_  
Ecology/Environment: \_\_\_\_\_  
Hospital/Hospice/Private: \_\_\_\_\_  
Personal Help: \_\_\_\_\_  
Schools: \_\_\_\_\_  
OCREA: \_\_\_\_\_  
FREA: \_\_\_\_\_  
Misc. (List Activity) \_\_\_\_\_

**Total hours** \_\_\_\_\_

# of hours from the above **total** that benefited young people: \_\_\_\_\_  
OUT OF TOWN?

This form is available on our website for you to fill out, print and send to  
**Arleen Stalnaker**

## NOVEMBER PROGRAM

You will not want to miss this very important topic!

Studies show that mistakes with prescription drugs are a leading cause of death in the United States. Older patients, who have chronic conditions and see multiple doctors, are most at risk. Victoria Adams, Health Educator from the Center for Drug-Free Living, will address this issue in our November program as she discusses the potential dangers of mixing prescription medication with

- herbals
- over the counter medications
- certain foods
- other substances.

Ms Adams will also address how to read labels, what do they mean and what are the hidden ingredients.

**See you on November 2<sup>nd</sup>.**

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### By the Numbers - October 2006

Members—371

General Meeting Attendance —74

Web Site -

324 people visited the Website in  
September –1393 total since published

## On the Go with OCREA

### Dec. 8 & 9 - Fri. and Sat. St. Augustine Christmas Holiday

Tour -- visit historic homes decorated for the holidays. Trolley tour through the city embellished with white lights. Overnight at Holiday Inn on the Beach; includes buffet dinner , round-trip transportation on motor coach, tour guide, baggage handling, taxes and gratuities. Time for shopping Saturday morning.

\$189. double, \$249. single.

### May 29 - June 9 Alaskan Adventure!!

12 Days, land tour and cruise combined, cruising with the Princess Diamond. Includes Denali and Mt. McKinley. Air Fare included in the prices ranging from \$3,000. to \$3,500. depending on cabin selection. \*\*\*\$150. deposit needed ASAP to reserve cabins. Refundable in full until January. Best cabins that have been reserved for us are going fast!

Please contact Allyson Pollard at (407) 282-9787

### New Members or Members renewing since last newsletter

Mrs. Louise Brown.....  
NOT AVAILABLE ON WEB VERSION  
Windermere, FL. 34786-6225

Mr. Thomas L. Doan.....  
NOT AVAILABLE ON WEB VERSION  
Orlando. FL. 32806-6228

Mrs. Jane Gross.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32806

Mr. Norman Kent.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32804

Mrs. Wynell Pollet.....  
NOT AVAILABLE ON WEB VERSION  
Apopka, FL. 32703

Dr. Moulton G. Poplin.....  
NOT AVAILABLE ON WEB VERSION  
Ocoee, FL. 34761-8650

Mrs. Becky Ragland.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32832-5911

Ms. Ruth Russell.....  
NOT AVAILABLE ON WEB VERSION  
Kissimmee, FL. 34746

Mrs. Glenda E. Shoaf.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32836-5831

Mrs. Katie A. Breaux.....  
NOT AVAILABLE ON WEB VERSION  
Maitland, FL. 32751

Mrs. Susan Brennan.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32819

Mrs. Dianne Brown Esquinaldo.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32804

Ms. Sonia W. Brown.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32822

Mrs. Christine H. Holder.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32812-2806

Mrs. Janice H. Jones.....  
NOT AVAILABLE ON WEB VERSION  
Orlando, FL. 32839

Miss. Patricia LaBrot.....  
NOT AVAILABLE ON WEB VERSION  
Longwood, FL. 32850

Mrs. Nethel M. Russell.....  
NOT AVAILABLE ON WEB VERSION  
Ocoee, FL. 34761

### 2006-2007 Yearbook Correction:

Ms. Carolyn S. Powers -  
Correct phone number is:  
NOT AVAILABLE ON WEB VERSION

### Fall Membership Challenge

bring a new member,  
earn a gift card



## RETIREMENT HEALTH

As we approached retirement most of us spent a great deal of time reviewing our health insurance coverage and our financial plans for the future. We worked hard to ensure that during our retirement years we would be able to provide for our own health care and other financial needs. We wanted to enjoy our retirement years!

However, how many of us spent time preparing ways to maintain a happy, healthy life style? How many of us have planned what we would do to stay energized, active, and to remain an independent contributing member of society? Have we reviewed ways to keep from feeling isolated, no longer useful or important to ourselves and others? Do we have a purpose for each day, or do we just sit home and ponder the aches and pains of the day?

This year the FREA Health Committee suggests that we each develop a comprehensive Healthy Lifestyle plan. They encourage us to engage in activities that will help prevent poor mental attitudes and/or depression, as well as many of today's physical ailments. Come to our OCREA meetings and learn how many of your fellow retired educators keep busy, how they plan their time and what volunteer activities they utilize to maintain a successful, healthy lifestyle in their retirement years.

Look for helpful ideas in future newsletters!

Lois Kolski – OCREA Health

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